

# NUTRITION

Notes



February 2020

Published monthly for the clients of Meals on Wheels.

## HOLIDAY!

Meals on Wheels is closed and will not deliver meals on:  
**Presidents' Day - February 17th**

You will receive nonperishable food in a Ziploc bag prior to the holiday which you need to keep and use on the 17th.



### Donated items

We have received several donated blankets and lap type blankets so if you have a need for one, call 267-0122. Due to the limited quantities, we cannot guarantee that everyone who calls will receive a blanket.



### To all cat and dog owners:

Meals on Wheels is investigating a new grant and a possible partnership with one of the animal rescue groups. This rescue group receives donated pet food and they believe they have enough to help out Meals on Wheels clients who are having a difficult time affording the costs of feeding their dog(s) and/or cat(s). In addition, if our Meals on Wheels program is successful in obtaining some money from a grant, then the rescue group may also be able to help with the cost of vaccinations.

We will send out a pet owner survey in your plastic meal drink sack to gather information about the need for pet assistance. If you are interested in possibly receiving assistance, then complete the survey and return it to us. We cannot guarantee that you will receive assistance since we do not know if we will receive funds from a grant; however, your response to the survey will help us document the need for this assistance.

### Call by 9:00

If you need to make a change on the day of your meal delivery, please call by 9:00 am. If you call after 9:00, we may not be able to catch your route as some routes are delivered from different sites. Since we have to track the number of missed meals, it is important for us to have time to catch your route.

## February is National Heart Month

If you notice the symptoms of a heart attack in yourself or someone else, call 9-1-1 immediately. The sooner you get to an emergency room, the sooner you can receive treatment to prevent total blockage and help reduce the amount of heart muscle damage. Recognizing the warning signs can save your life! Signs listed by the American Heart Association include:

### CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

### DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

### SHORTNESS OF BREATH-

with or without chest discomfort.

### OTHER SIGNS-

may include breaking out in a cold sweat, nausea or lightheadedness.

Like men, women's most common heart attack symptom is chest pain or discomfort. However, women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

### Is it important to know your cholesterol numbers?

First, you need to understand that the numbers by themselves are not enough to predict your risk of heart problems. They are considered along with your age, your blood pressure, smoking status, and your use of blood pressure medicines.

For information on HDL (good) and LDL (bad) cholesterol, check out the article on page 3.

### Dietary information that could help your cholesterol levels:

Purchase cholesterol-free egg products. To help limit cholesterol in the diet, adults can use low-fat or no-fat dairy products such as milk, cheese, sour cream, cream cheese, and yogurt. Meat, poultry and fish can be broiled or baked instead of fried. Limit liver intake and try recipes where the liver is sautéed in a non-stick skillet. Bake, broil, or boil vegetables instead of frying them.

Soluble fibers in fairly high amounts can decrease cholesterol. Soluble fibers include: oatmeal, rice bran, psyllium, fruits like apples, pears, raspberries and oranges and also vegetables but particularly peas, beans, soybean fiber and kidney beans.



Need help getting groceries to your house?  
Call Roving Pantry:  
267-4378

## Meal Cancellation During Bad Weather



Typically, there will be days during the winter when we have to cancel meals because the roads or sidewalks are too hazardous for our senior volunteers. During bad weather, watch the television for meal cancellation information. If we cancel meals, use the nonperishable food that we provided.



You can leave a message or meal cancellation information on the answering machine (available 24 hours every day) by dialing 267-0122.

Leave your message after the agency message plays.

## LIEAP: Low Income Energy Assistance Program

This program might help you by providing some money toward your heating bill this winter. It's a one-time payment that helps eligible households pay a portion of their heating costs.

Qualifying Households Must:

- Not exceed household income limits
- Be personally responsible for the heating fuel costs payable either to the landlord, utility company, or fuel vendor
- Have made recent payments of at least \$80 toward their utility or heating costs

Income Limits:	Maximum Gross Monthly Income:
1 person	\$1,354
2 people	\$1,832
3 people	\$2,311

**APPLICATIONS ACCEPTED: January 2, 2020 through March 31, 2020.**

Call 267-0122 for information or an application.

## All About Cholesterol!

By Kyle Huxford, RDN, CSG, LD

Cholesterol can be confusing, however, as such an important factor in our health, it is important to have an understanding of its functions and differences in types of cholesterol. Cholesterol is a waxy substance found in your blood. Your body needs cholesterol to build healthy cells, but high levels of cholesterol can increase your risk of heart disease. If you have high cholesterol, you can develop fatty deposits in your blood vessels. Eventually, these deposits grow, making it difficult for enough blood to flow through your arteries. Sometimes, those deposits can break suddenly and form a clot that causes a heart attack or stroke. High cholesterol can be inherited, but it's often the result of unhealthy lifestyle choices, which make it preventable and treatable. A healthy diet, regular exercise and sometimes medication can help reduce high cholesterol.

Cholesterol is carried through your blood, attached to proteins. This combination of proteins and cholesterol is called a lipoprotein. There are different types of cholesterol, based on what the lipoprotein carries. They are:

Low-density lipoprotein (LDL). LDL, or “bad” cholesterol, transports cholesterol particles throughout your body. LDL cholesterol builds up in the walls of your arteries, making them hard and narrow.

High-density lipoprotein (HDL). HDL, or “good” cholesterol, picks up excess cholesterol and takes it back to your liver.

A lipid profile also typically measures triglycerides, a type of fat in the blood. Having a high triglyceride level can also increase your risk of heart disease.

Factors you can control — such as inactivity, obesity and an unhealthy diet — contribute to high cholesterol and low HDL cholesterol. Factors beyond your control might play a role, too. For example, your genetic makeup might keep cells from removing LDL cholesterol from your blood efficiently or cause your liver to produce too much cholesterol.

Factors that can increase your risk of bad cholesterol include:

- Poor diet. Eating saturated fat, found in animal products, and trans-fats, found in some commercially baked cookies and crackers and microwave popcorn, can raise your cholesterol level. Foods that are high in cholesterol, such as red meat and full-fat dairy products, will also increase your cholesterol.
- Obesity. Having a body mass index (BMI) of 30 or greater puts you at risk of high cholesterol.
- Lack of exercise. Exercise helps boost your body's HDL, or “good,” cholesterol while increasing the size of the particles that make up your LDL, or “bad,” cholesterol, which makes it less harmful.

The same heart-healthy lifestyle changes that can lower your cholesterol can help prevent you from having high cholesterol in the first place. To help prevent high cholesterol, you can:

- Eat a low-salt diet that emphasizes fruits, vegetables and whole grains
- Limit the amount of animal fats and use good fats in moderation
- Lose extra pounds and maintain a healthy weight



## SPECIAL OCCASION & MEMORIAL GIFTS

Donations given in memory or appreciation of someone special are a wonderful way to honor someone. When you give a donation to Meals on Wheels, a card is sent to the person you are recognizing or to the family of someone being remembered. The amount of the gift is not mentioned. Donations in any amount are appreciated.

### Memorials in February:

**Gift in Honor of  
All Volunteers**

**LET US KNOW WHAT YOU THINK! PLEASE MARK YOUR MENU AT THE END OF THE MONTH AND SEND IT BACK TO US:**

Cross through items you don't like.

Circle items you do like.

Put a star in front of items you want to see more often.

Suggested Donation  
\$10 Monthly

**February 2020 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
3 Beef Shepard Pie Green Beans Cherry Pie	4 BBQ Chicken Legs Baked Beans Coleslaw Cup Peach Pie	5 Chicken Tortelloni in Red Sauce Normandy Vegetables Cinnamon Pears	6 Southern Fried Fish Macaroni and Cheese Mix Vegetables Fresh Fruit	7 Beef Goulash Zucchini Squash Blend Spiced Oranges
10 Beef Taco Salad Beans Lettuce, Tomato, Cheese Spanish Rice Fruit Filled Churro	11 Pancakes Veggie Sausage Patty Scrambled Eggs with Cheese Hash Browns Fruit Drink	12 Lemon Pepper Pork Loin Chop Au Gratin Potatoes Dinner Roll Blueberry Cobbler	13 Chicken Carbonara Noodles Italian Vegetables Garlic Bread Fresh Fruit	14 Beef Burgundy over Steamed Rice Broccoli and Carrots Baked Apples Cookie
17  <b>HOLIDAY</b>  Use the meal provided.	18 Shrimp Alfredo with Broccoli Garlic Biscuit Pineapple Chunks	19 Beef Chili Without Beans Corn Cinnamon Roll with Icing Fruit Drink	20 Chicken Fried Chicken Mashed Potatoes with Gravy Green Beans Apple Crisp	21 Ham and Noodle Casserole California Blend Vegetables Peaches
24 Beef Stew with Vegetables Buttermilk Biscuit Blueberry Compote	25 Warm Turkey and Swiss on Wheat Pita 5 Bean Salad Peaches	26 Cheeseburger Meatloaf Scalloped Hash Browns Sugar Snap Peas Cranberry/ Orange Relish	27 Chicken Broccoli and Rice with Cheese Topping Garlic Bread Applesauce	28 Beef and Bean Burrito Covered in Queso Mexi Rice Southwest Corn Fruit Drink
				New menu items are underlined.

**IF YOU DO NOT EAT YOUR MEAL WHEN IT ARRIVES - REFRIGERATE IMMEDIATELY!**